

# Monson Board of Health

# WELLNESS FAIR



**Saturday: May 6<sup>th</sup> 10:00 – 2:00 @ Memorial Hall-198 Main Street**

## Young to Not so Young

- Dr. John Diggs: Covid prevention, Home Treatment, Vit D importance @ 11:00
- Heartsong Yoga
- Idle Moments Chair Massage
- Hands-Only CPR Instruction
- Basic First Aid
- Monson Police: DART Team
- Monson Fire: Youth Fire Prevention, Emergency Preparedness & Sounds of Fire Safety
- Monson Community Garden
- Keep Homestead Hiking Trails Project
- Pool Safety
- Medical Reserve Corp
- Monson Substance Use Community Partnership
- Composter & Rain Barrels-pick up

- Quaboag Hills Substance Use Alliance
- Forest Bathing
- Monson Library
- MyMonson
- Celestial Phases- gentle flow @12 & QiGong @ 1
- oHHo Organic CBC
- YMCA

## Not So Very Young

- Blood Pressure Screening
- O2, Heart Rate Screening
- Grip & Pinch Strength test
- Accelerator to Brake Speed
- Adaptive Equipment for those with CVA or Arthritis
- Fall Risk Balance Tests
- Fall Risk Education
- Foot Exercises to decrease fall risks: Free sox if you try it.
- Animal Assisted Therapy

**Raffles & Door Prize.**

**Enter to win a Composter!!**